Allied Health Professionals and digital self-management information for **YOU**



Allied Health Professionals (AHPs) are a group of health professionals who CAN support you if you have been told that you have mild-cognitive impairment, have been given a diagnosis of dementia, or want to keep well by taking steps to maintain good brain health.

AHPs are experts in early intervention for prevention and rehabilitation and will help you focus on your abilities and strengths, so you can stay connected to your community and live in your own home for as long as possible.

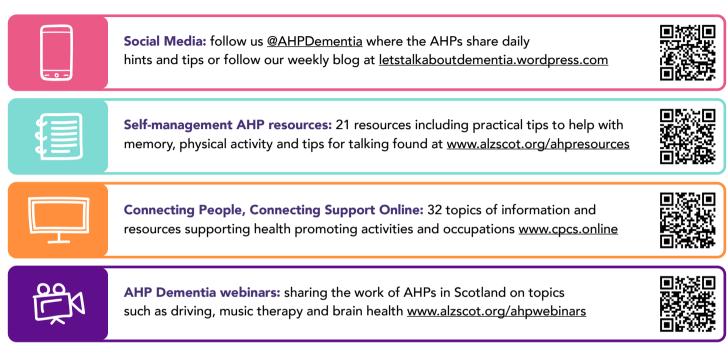
AHPs you are likely to see in a community setting:

- Art Therapists
- Dietitians
- Music Therapists
- Occupational Therapists
- Paramedics

- Physiotherapists
- Podiatrists
- Speech and Language Therapists



AHPs have created a suite of information resources for people with dementia and those who support them:



Get in contact

We would welcome any feedback on all our resources: What you liked, what would make them even better and what's missing? If you would like to know more or would like paper copies of any of the resources, please contact <u>ahpdementia@alzscot.org</u>

© Alzheimer Scotland 2023 Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 160 Dundee Street, Edinburgh, EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315.

